



# Why Flower Essences?



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## Why Flower Essences?

With so many wonderful holistic therapies available to us to choose from, why consider flower essences as part of your well-being portfolio?

## What are flower essences?

### History

Flower essences are not new as a therapy or natural healing tool. Used for thousands of years by indigenous cultures, the first modern essences were created by **Dr Edward Bach** in the late 1920s.

*Dr Bach trained as a doctor in London. For several years he worked investigating the role of bacteriology in chronic disease. His research led him to conclude that there were clear personality types that related to various patterns of ill health, irrespective of the physical symptoms. Working with vaccine therapy and later with homoeopathic principles, he moved towards the discovery of the flower remedies. These he felt could help to harmonise the emotional imbalances that he came to see as the real causes of physical illness.*

*By 1930 he had given up his successful medical practice in order to concentrate on flower essences. Each flower was found to embody the positive and harmonising force for a negative emotional state, be it fear, resentment or despair. In order to transfer this healing force to a patient Bach prepared essences from the flowers. This essence, when diluted, could then be taken as a medicine. He found that as the negative moods changed so the person would return towards health.<sup>1</sup>*

Essences – generically known as flower essences – are the energetic imprint of flowers and other elements of nature in pure spring water. They act as subtle catalysts to change long held emotional and behaviour patterns which may be having a detrimental effect on overall well-being and life expression.

Dr Bach's philosophy of "treat the individual not the disease" is the basis of contemporary essence therapy.

### Vibrational Medicine

Essences are part of the growing field of mind body health called vibrational medicine, which recognises that our physical body is just one part of our whole 'being'.

Essences recognise that our thoughts and emotions have an energy or vibration of their own and that there is a free and flowing exchange of energy between all parts of our 'self', including our physical body.

### So why use them?

Perhaps because of their 'flowery' title, some assume essences to be lightweight in their potential. On the contrary - not only from personal experience, but from the thousands of people who embrace them throughout the world today - essences are known to have profound influences on well-being.

### Essences are 100% safe

Essences can be used on their own or alongside any other treatment or therapy. This is because they are energetic in nature – the only physical ingredients being pure spring water and a little alcohol or similar agent (such as vinegar) to prevent bacterial growth in the bottle – and do not contain any physical constituents of the flower or

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<sup>1</sup> [www.edwardbach.org](http://www.edwardbach.org)

element being used. This also means they are safe to use with any medication, holistic or allopathic.

I have used essences to help people prepare for hospital treatment, to remain calm and clear on the build up to their time in hospital, to help cleanse the energetic effects of drugs and anaesthetic, and to restore vital energies for healing afterwards, helping them remain calm and to let nature take its time rather than rush the healing journey.

It is impossible for essences to have any negative effects under any circumstances.

### From Pre-life to After-life

Flower essences are safe to use at any time of life, again because they are essentially the energy of nature captured for our well-being. From preconception, through pregnancy, birth, childhood, puberty, adulthood, menopause, twilight years and the journey through dying, essences offer an empowering support.

Essences can be used as a one off, to help with a short term life issue or challenging time, or as part of an ongoing programme of self development and exploration of life.

### Change at your pace

Essences work at a pace of change which at times can seem quite subtle, even slow, hence some people say essences don't dooo anything. This is because we are so conditioned in Western society to expect instant change and a quick fix. To change long held patterns of behaviour 'overnight' could have the effect of shattering the senses. Essences are subtle in their effect to introduce change without emotional overwhelm or stress.

### Mirroring perfection

Dr Bach believed essences do not give us anything we don't have already – they introduce subtle vibrations which remind us what it is like to resonate at our optimum well-being frequency, transforming destructive energies of fear, worry and anger into life enhancing energies of courage, peace and forgiveness.

### Flower essences look beyond traditional labels of health

Dr Bach recognised that the beauty of flower essences is in the recognition of the individual. For example, two people with the same health issue will have unique life stories, beliefs, expressions of self worth, emotional patterns, behavioural traits, and all of these manifest as a unique expression of health for them. In my practice, no personal essence mix is ever the same for two people with the 'same' issue.

### Essences are extremely versatile

They can be taken as drops under the tongue, or stroked topically onto skin, used in the bath, added to your favourite massage oil, face cream, or body cream. You can spray them around your home, your work space, your garden. You can add them to rivers, lakes, oceans, to carry their imprinted messages for healing into the world community and to heal damaged places within nature.

### Why flower essences? – A personal journey

12 years ago...I was introduced to flower essences by a close friend. I was immediately sceptical that this 'energy in a bottle', or 'liquid energy' (as my friend described essences) could have any impact on my well-being at all. My science degree followed by 18 years in the advertising and marketing business, together with long held beliefs that anything 'non medical' was to be treated with extreme caution and put in the 'weird and whacky camp', all added up to me being in a space where the idea of flower essences was challenging to say the least!

At the time I first used them, my husband (Ian) and I had just completed our 3<sup>rd</sup> round of IVF. Our consultant had told us that he could not do anything else for us, so we should just go away and forget about having children.

So, as well as being in a sceptical space, I was also desperate for something to 'work'. My understanding at the time was that some treatment, medicine or other external factor would do the work for me and make everything inside work better. The concept of me having responsibility for my well-being and what I created in my life was not something I was familiar with - and precisely what essences were introducing me to.

There was something about essences that sparked my curiosity as to how they could possibly work. So I asked to read a book about them and that was enough to ignite the spark of interest into a passion for life. I began to explore new worlds of information, new concepts of health and well-being and new ideas of how we influence our life and create our own reality. Through essences, I was increasingly aware of many long held beliefs being challenged and reviewed. I began to see how my thoughts and ideas about myself were reflected in how my life was working out.

As my outlook changed, so I began to embrace new and varied therapies for myself, exploring and understanding the concept of mind body health ever deeper and the role of energy in our life - or rather, as our life. Each therapy I experienced was enhanced with the support of essences – whatever issue I was dealing with through the therapy was reflected in my intuitive choice of essences, and I was more readily able to let go of unhelpful patterns.

Having experienced a very personal transformative journey with essences, I am confident to talk from first hand experience of their empowering nature to support change and to motivate us to become more self aware and self responsible in life, rather than allowing ourselves to live as a victim of circumstance and to blame others for our problems.

**I believe I have birthed my self with essences...** My mother had experienced 4 miscarriages before I was conceived, the emotional pain of each still imprinted within her, along with many other destructive ancestral patterns around female sexuality and a woman's expression of herself and her creativity being suppressed and never acknowledged. Many of these limiting patterns became the basis for how I expressed myself as I grew up.

My journey with essences led me to realise the importance of releasing ancestral pain and emotional patterns, to create a clear space for a new baby, and for mother to connect with her instincts and her baby beyond the physical – for her to be herself, and baby to be herself.

Recently I was guided to create mother & baby essences with a friend, Debbie Sellwood. By releasing ancestral imprints which limit the expression of mother and father's natural parenting instincts, these essences guide them to trust themselves within a world of information overload and conforming expectations of society. They help the new baby and siblings to feel immense comfort, love and support in the new family set up.

**Life exploration...**For me, essences have become a life companion, helping gain deeper insights into myself and my life issues as they surface, and to understand emotional and mental 'triggers' behind my outward physical symptoms. In my early years I readily blamed my body for letting me down. Now I feel empowered to listen to its messages. Along the way, I noticed my immune system strengthen, my severe back pain disappear, my menstrual cycle become vibrant and pain free, to name but a few physical changes, as well as feeling more alive and full of energy. Essences help me to see where I limit myself, and the opportunities to create change not only in my life, but in the community around me.

## **Conclusion**

I believe essences are a major support in our busy lives today. Each essence has a quality it presents to us, an opportunity to embrace that which already exists within us, but readily becomes 'switched off' in today's lifestyle.

When we are ready to look deeper at our lives, essences help us make conscious choices, guiding us to understand that we all have the power to create our own reality. Although we may not be able to control what happens to us every step of the way, we have absolute control over how we respond to life and what comes our way. And essences help us connect with choices which empower us rather than living our lives as a victim to circumstance.

Essences offer us the opportunity to embrace the grand potential of ourselves, and to see life from a grander perspective, gaining greater awareness of self and life.

Today, there is an incredible array of essences from all over the world, not just the Bach Flower Remedies. This reflects the multicultural nature of the world and complexity of relationships, the increased levels of environmental and energetic pollutants we have to process in our daily lives, and the pressure and pace of life in general. Nature has literally come forward to help us more readily adjust to the changes we face as individuals, and as a world community, with all of these magnificent energies.

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If you would like to know more about essences, you might like to explore some of the producer's websites here:

Alaska: [www.alaskanessences.com](http://www.alaskanessences.com)

Australia: [www.ausflowers.com.au](http://www.ausflowers.com.au)

[www.livingessences.com](http://www.livingessences.com)

England: [www.healingherbs.co.uk](http://www.healingherbs.co.uk) (Healing Herbs Bach Remedies)

USA: [www.pacificessences.com](http://www.pacificessences.com)

[www.animaessence.com](http://www.animaessence.com) (Wild Earth Animal Essences)

[www.aromahealthtexas.com](http://www.aromahealthtexas.com) (Petit Fleur Essences)

[www.flowersociety.org](http://www.flowersociety.org) FES (Flower Essence Society)

[www.perelandra-ltd.com](http://www.perelandra-ltd.com)

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